



## SECTION TWO

# Test Diets and Diets of Limited Duration

*Diet manual*

## High-Fat Lunch – Light Fat-Free Dinner

### General Description

This is a preparation diet started the day before a gallbladder series. The diet includes a high fat lunch meal of greater than 40 grams of fat and a fat-free dinner meal. Following the dinner meal, the tablets containing the contrast medium for the gallbladder series (tablets provided by physician) are taken. The patient is to remain NPO (except for water) until after the test the next morning.

### Indications for Use

This diet is to be used in preparation for a gallbladder series.

### Guidelines

- Provide greater than 40 grams fat at lunch.
- Provide a light, fat-free meal at dinner.

### Suggested Meal Plan

Lunch	Dinner
60 gms Meat or Substitute	Fruit Juice
Gravy	Broth
Potato	Plain Vegetable
Vegetable	Toast
Salad/Dressing	Jelly
Ice Cream	Gelatin or Fruit
Bread	Coffee or Tea
Margarine	
Whole Milk	
Beverage	